
Comus C-6

Operator's Manual

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Congratulations!

You now have a scientific weight control instrument that is easy to use yet can influence your appearance, your health, and even your longevity.

You will be able to use the Comus C-6 computer at home, restaurants, airplanes or anywhere.

As with any computer, information must be entered in a given order. The instructions that follow will show you how to use your Comus C-6 to plan your daily diet and your daily activity, both of which are important parts of weight control and fitness.

Your operator's manual is divided as follows:

- I. Operating instructions.
 - A. Computing Your Daily Caloric Usage
 - B. Planning Your Daily Caloric Intake
 - C. Adjusting Daily Activities
 - D. Calculator Functions
- II. Activity Code Directory
- III. Comus Food and Calorie Guide

NOTE: PRESS "FOOD" KEY BEFORE PERFORMING ANY OPERATION.

1. Comus C-6 Operating instructions

A. Computing your daily caloric usages.

1. Push function switch to "DIET"
2. Push power switch to "ON"—Display reads "SHAPE"
3. Press 'FOOD'
4. Press "SHAPE" key—Display reads 'You use XXXX Cal'
(The number on the display will be from previous computations and will clear when new information is entered.)

Press "ENTER"—Display reads "S"(sex).

5. Press "M" for male—"F" for female
Press "ENTER"—Display reads "H" (height)
6. Press number keys to input height in inches.
EXAMPLE: If your height is 5'5", you are 65 inches.
Press keys 6-5.
Press "ENTER"—Display reads "A" (age)
7. Press number keys to input age
Press "ENTER"—Display reads "P" (pounds)

8. Press number keys to input weight
Press "ENTER"—Display will blank for 3 seconds then read "CODE 1"

Note: Consult Activity Code Directory starting on page 12 of this booklet. "CODE 1" lists sleep as the only activity. Figure number of hours of sleep you'll have during the 24-hour period you're computing. If you plan a nap during this period, count that also.

9. Press number key(s) to input hours of "CODE 1" activity. Press "ENTER"—Display momentarily shows number of hours input. "CODE 2" appears.
10. Press number key(s) to input hours of "CODE 2" activities. Press "ENTER"—Display momentarily shows total hours entered. "CODE 3" appears.
11. Press number key(s) to input hours of "CODE 3" activities. Press "ENTER"—Display momentarily shows total hours entered. "CODE 4" appears.
12. Press number key(s) to input hours of "CODE 4" activities.

Press "ENTER"—Display momentarily shows total hours entered. "CODE 5" appears.

1. Press number key(s) to input hours of "CODE 5" activities. Press "ENTER"—If total of activities from all 5 codes is 24 hours, display will parade "You use XXXX Cal." This is the number of calories your body uses per day based on your physical characteristics and your activities for that day. We will call that number your *calorie quota*.

Activity hours may be cleared by pressing "CE/C" key once before pressing "ENTER" key. If no hours are to be entered in a code or you wish to recall the total number of hours, press "0" when the code appears. To step diet computer through the codes without entering any hours, continue to press "ENTER" key.

If total of activities from all 5 codes is less than 24 hours, display will show total hours and "CODE 1" will reappear. You

then press "ENTER" key until code numbers appear in which you want to enter the remaining hours. When you have a total of 24 hours, display will parade your *calorie quota*.

If total of activity hours entered is greater than 24 hours, display will read "ERROR". Press "CE/C" key. Total hours will appear, then the next code number. To advance to the desired code, continue to press "ENTER" key.

B. Planning your daily Caloric Intake

On page 15, you will find the Comus Food and Calorie Guide which makes food selection and calorie computation faster and easier. Caloric food values from other calorie guides may also be used.

The Diet Computer indicates the caloric content of foods on the right side of the display and maintains a running total on the left side of the display.

To cancel the calories entered on the right side of the display before entering into total, press "CE/C" key and the Diet Computer is ready to accept another calorie number.

1. Press "FOOD" key—Display reads "0 Food"
2. Press calorie number. Number will appear on right side of display. Press "ENTER". Calorie number moves into the running total on left side of display.
3. Repeat Step 2 until food total is reached.
4. To enter 1/2 portion, press calorie value, then press 1/2 key. Display will show 1/2 the value of the number you pressed. Press "ENTER" to move into calorie total.

To clear running food total:

- Press "FOOD" key
- Press "CE/C" key—display reads "CLR FOOD"
- Press "CE/C" key again and display will read "0 FOOD"
- Diet computer is ready to enter new food totals.

NOTE: To recall your food calorie total after the number has left the display during other functions of the diet computer, press "FOOD" once.

You have now programmed your day's caloric intake in relation to your unique *calorie quota*. The number of calories some foods contain may have surprised you. The Comus C-6 leads you to eliminate those foods that are exorbitantly high in calories. When you do want to splurge, for the sake of variety, your Comus C-6 and Food and Calorie Guide will let you see what the calorie cost will be. Then you can plan your diet and activities accordingly.

C. Adjusting Daily Activities

The computer retains the information you gave it regarding your physical characteristics: age, height, and so forth. As a result, you can determine the number of calories your body will burn up in various.

activities. This allows you to accurately adjust your activity level for a 24-hour period in order to balance higher-than-normal caloric intake or to use physical activity to help you lose weight.

To determine caloric values for activities, refer to Activity Code Directory.

1. Press "EXER" key—Display reads "CODE 1"
2. Press "ENTER" key until appropriate code number appears for your desired exercise. (Code 2, Code 3, etc.)
3. When proper code is displayed, press number key(s) for number of hours of activity. For 1/2 hour press 1/2 key.
4. Press "ENTER"—Display reads the number of calories you utilize for this particular activity and period of time.

EXAMPLE: To determine calories used during 2 hours of tennis, press "ENTER" key until Code 4 appears. Press 2 for number of hours of tennis. The Diet Computer will read the

number of calories your body uses during this period of the activity.

5. To return to calorie counting, press "FOOD" key once.
6. To review daily caloric utilization—Press "SHAPE" key once.

D. Calculator Functions

Push function switch to "CALC" and Power switch to "ON."

KEYBOARD FUNCTION-NUMERIC KEYS:

[0] through [9] : Pressing one of these keys will enter that digit into the rightmost display position. Previously entered digits will be shifted one position to the left.

DECIMAL POINT ENTRY KEY:

[.] Depression of this key will correctly position the decimal point in your entries.

ARITHMETIC FUNCTION KEYS:

$\boxed{+}$ $\boxed{-}$ $\boxed{\times}$ $\boxed{\div}$ Depression of any one of these keys tells the calculator what operation to perform with the next number entered. During calculations intermediate results are also displayed when these keys are depressed.

EQUAL KEY:

$\boxed{=}$ When this key is depressed the answer will appear on the display.

CLEAR ENTRY AND CLEAR KEY:

$\boxed{CE/C}$ Depression of this key once clears the entry in case a number is entered by mistake. It has no effect on other storage registers or any arithmetic operation which may be set. Depression of the key twice clears the calculator and places a zero in the rightmost position.

OVERFLOW INDICATION:

Overflow is indicated by the word "ERROR" appearing on the display.

CALCULATION EXAMPLES

(1) ADDITION/SUBTRACTION

Ex. $1.23 + 4.56 - 7.89 = -2.1$

$1.23 \boxed{+} 4.56 \boxed{-} 7.89 \boxed{=} -2.1$

(2) MULTIPLICATION/DIVISION

Ex. $9.8 \times 7.6 \div 5.4 = 13.792592$

$9.8 \boxed{\times} 7.6 \boxed{\div} 5.4 \boxed{=} 13.792592$

(3) MIXED CALCULATION

Ex. $((2+3)-4) \times 5 \div 6 = 0.8333333$

$2 \boxed{+} 3 \boxed{-} 4 \boxed{\times} 5 \boxed{\div} 6 \boxed{=} 0.8333333$

(4) REPEATED OPERATION

Ex. $5 + 5 + 5 + 5 = 20$

$5 \boxed{+} \boxed{+} \boxed{+} \boxed{=} 20$

$5 \times 5 \times 5 \times 5 = 625$

$5 \boxed{\times} \boxed{\times} \boxed{\times} \boxed{=} 625$

POWER USE ONLY 9 VOLT ALKALINE TRANSISTOR BATTERY ERRATIC OPERATION: CHANGE BATTERY
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II. Activity Code Directory

If the type of activity you plan is not listed here, you can include it by realizing that the codes are divided as follows:

CODE 1—Sleeping

CODE 2—Sitting type activities

CODE 3—Mild activity

CODE 4—Fairly heavy activity

CODE 5—Strenuous activity

CODE 1

Sleep

CODE 2

Driving a Car

Eating Meals

Laboratory Work

Office Work

Recreational

Fishing

Knitting

Painting

Sewing

Playing Cards

Playing Musical Instruments

Writing

CODE 3

Agricultural Work (Mechanized)

Housework

Gardening

Light Industry Work

Meal Preparation

Military Drill

Shopping

Recreational

Archery

Backpacking

Billiards

Bowling

Cricket

Croquet

Golf

Sailing

Shuffleboard

Table Tennis

Walking

CODE 4

Agricultural Work (Manual)

Construction Industry

Military Marching w/Rifle & Pack

Recreational

Backpacking

Badminton
Ballroom Dancing
Canoeing
Cycling
Gymnastics
Hockey
Horseback Riding
Hunting
Jogging
Scuba Diving
Skating
Skiing — Downhill
Snorkeling
Swimming — Moderate
Tennis — Doubles
Volleyball

CODE 5

Recreational
Athletics — Field & Track
Baseball
Basketball
Boxing
Country Dancing
Cross Country Running
Cycling (10 mph)
Disco Dancing

Football
Hill Climbing
Racquetball
Rowing
Skiing — Cross Country
Soccer
Squash
Swimming — Strenuous
Tennis — Singles
Wrestling

III. Comus Food and Calorie Guide

This "calorie counter" is designed for quick and efficient use—even in a restaurant.

To save you time, foods are listed as they are generally eaten. For example, a hamburger is listed with bun and "with everything." In most calorie guides, the bun would be listed separately and you would have to hunt for its listing.

You may also use other calorie guides with your Comus C-6.

BREAKFAST	
	CALORIES
Bacon, 2 slices	92
Bacon, Canadian, 1 slice	42
Biscuit	92
w/butter or oleo, add	98
Cereal, dry (1 oz.)	
Bran flakes	81
Corn flakes	109

	CALORIES
Oats, puffed	113
Rice, puffed	113
Wheat, flakes	100
Wheat, puffed	103
Wheat germ	111
cereal, cooked (4 oz.)	
Farina	148
Oatmeal	78
Wheat	85
To the cereals above, add	
Skim milk (1 cup)	88
2% milk (1 cup)	145
Whole milk (1 cup)	161
Sugar (1 teasp.)	16
Coffee cake, 4 oz.	367
Doughnut, plain (1 oz.)	111
w/sugar, add	52
Egg, boiled or poached	81
Cooked w/½ T. butter or oleo, add	98
Eggs Benedict (1)	264
Muffin, Bran	118
Corn	140
English	145
w/butter or oleo, add	98
Omelette, Plain (2 eggs)	216
Ham & Cheese	396
extra egg, add	81

	CALORIES
Pancakes, 4" dia. (1)	96
w/butter or oleo, add	98
w/butter & syrup, add	107
Potatoes, Hash Brn. (4 oz.)	225
Sausage, link or patty (4 oz.)	481
Sweet roll (1 avg.)	182
Toast, Plain (1 slice)	62
w/butter or oleo, add	98
w/jelly (1 T.), add	55
w/peanut butter (1 T.), add	82
Toast, French (1 slice)	182
w/butter or oleo, add	98
w/butter & syrup, add	107
Waffles (1 double)	127
w/butter or oleo, add	98
w/butter & syrup, add	107

LUNCH

Cheese:	
American or Swiss (1 oz.)	105
Cottage, creamed ($\frac{1}{2}$ c.)	130
Parmesan, grated (1 T.)	25
Hamburger, $\frac{1}{4}$ lb. broiled	326
w/bun	436
w/everything	496

	CALORIES
Hot dog, broiled	145
w/bun	255
w/everything	285
Macaroni & Cheese (1 cup)	358
Salad:	
Lettuce & tomato	50
Chef (w/ham, cheese, etc.)	304
Small Chef	210
w/dressing, add	75
Sandwich (2 slices bread, 1 pc. meat)	
BLT	252
Beef	166
Bologna	198
Braunschweiger	228
Cheese	204
Chicken	154
Corned beef	177
Egg salad	209
Fish cake	329
Ham	204
Meat loaf (4 oz.)	224
Peanut butter	210
Peanut butter/jelly	265
Rueben (4 oz.)	534
Salami	182
Tuna salad	166
Turkey	154

	CALORIES
To the sandwiches above, add:	
butter	98
lettuce & tomato	18
mayonnaise	108
mustard & ketchup	26
Soup (1 cup serving):	
Asparagus cream	143
Bean w/pork	167
Beef noodle	67
Chicken noodle	62
Chili Con Carne	164
Clam Chowder (New England)	161
Clam Chowder (Manhattan)	79
Consomme, Beef	33
Chicken	15
Minestrone	103
Mushroom, cream	201
Onion, French	64
Oyster Stew	197
Potato	158
Split Pea	133
Tomato	86
Vegetable beef	77
Steak sizzler (4 oz.)	224
Clam Chowder (New England)	

	CALORIES
DINNER	
MEAT — 4 oz. Servings:	
Beef Roast, lean	220
lean w/fat	329
Comed Beef	424
Club Steak, lean	278
lean w/fat	517
Ground Beef, lean	250
regular	326
Porterhouse, lean	255
lean w/fat	530
Prime Rib, lean	275
lean w/fat	502
Sirloin, lean	246
lean w/fat	465
T-Bone, lean	254
lean w/fat	539
Beef Pot Pie	215
Chicken, fried	192
roasted	207
stewed	237
Duck, roasted	352
Ham, lean	213
medium fat	443
Lamb Chop, lean	148
lean, w/fat	402
Lamb Roast, leg, lean	212

	CALORIES
lean w/fat	318
Liver, fresh fried	265
Pork Chop, lean	148
lean w/fat	297
Pork Roast, lean	290
lean w/fat	414
Turkey, roasted	216
T.V. Dinners(11 oz.):	
Beef	388
Chicken Fried	436
Macaroni & Cheese	371
Spaghetti & Meat Balls	408
Turkey	344
Veal Chop	245

SEAFOOD — 4 oz. Servings:

Catfish, fried	107
Clams, 6 steamed	35
Cod, broiled	194
Crab, steamed	105
Flounder, broiled	89
Frog Legs, fried(2 large)	142
Haddock, breaded	165
Halibut, broiled	195
Lobster, steamed	112
Lobster Newburg	342
Oysters, 6 fried	382

	CALORIES
Oysters, 6 raw	85
Perch, fried	134
Red Snapper, broiled	106
Salmon, broiled	189
Sardines, canned	212
Scallops, breaded	221
Scallops, steamed	128
Shrimp, breaded	255
Shrimp, steamed	98
Smelt, breaded	255
Smelt, fried	227
Sole, broiled	105
Trout, broiled	172
Whitefish, broiled	176

VEGETABLES, COOKED (1 cup 8 oz.)

Artichokes	53
Asparagus spears	29
Beans, baked	340
Beans, butter	340
Beans, green & wax	33
Beans, lima	166
Beets	66
Bread fruit	234
Broccoli spears	39
Brussels sprouts	62
Cabbage	21

	CALORIES
Cabbage, red, sweet & sour	218
Carrots	43
Cauliflower	28
Celery	21
Collard greens	88
Corn	138
Eggplant	38
Mixed vegetables	132
Mushrooms	41
Okra	72
Onions	54
Peas	116
Potatoes:	
Baked in skin(1 sm.)	93
Boiled in skin(1 sm.)	76
Boiled, peeled(1 sm.)	65
Mashed w/milk($\frac{1}{2}$ cup)	68
French fried(10 pc.)	156
Hash brown(4 oz.)	224
w/butter or oleo, add	98
w/sour cream, add	29
w/beef gravy($\frac{1}{2}$ c.), add	79
w/chicken gravy, add	54
Sauerkraut	40
Spinach	36
Squash, summer	38
winter	113
Succotash	179

	CALORIES
Sweet Potato	125
Candied	294
Tomatoes	50
Zucchini	
w/butter or oleo, add	98
w/cheese sauce, add	130
VEGETABLES, FRESH	
Cabbage, chopped(1 cup)	22
Carrots(1 medium)	21
Cauliflower(1 cup)	22
Celery(1 stalk)	7
Cucumber(1 medium)	29
Endive(1 cup)	10
Lettuce(2 lg. leaves)	9
Mushrooms(1 cup)	19
Onions, green(6 sm.)	23
chopped(1 cup)	63
Peppers, green(1)	14
Spinach(1 cup)	14
Tomatoes(1 small)	33
Watercress(1 cup)	6
CHINESE:	
Bamboo Shoots(8 oz.)	60
Bean Sprouts(8 oz.)	19
Chop Suey w/beef(8 oz.)	134
Chop Suey Vegetables(8 oz.)	30

	CALORIES
Chow Mein(8 oz.)	
Beef	144
Chicken	107
Pork	189
Shrimp	170
Chow Mein Noodles(4 oz.)	111
Egg Foo Young(4 oz.)	80
Egg Rolls(1)	48
Fortune Cookie(1)	31
Rice(1 cup)	
Brown	232
Fried w/meat	230
White	153
Won Ton Soup (2 won tons)	76
ITALIAN:	
Lasagna(8 oz.)	328
Manicotti(1 pc.)	163
Pizza w/cheese(4 oz.)	279
Ravioli(8 oz.)	
w/beet	210
w/cheese	229
Spaghetti(8 oz.)	
w/tomato sauce	93
w/meat sauce	389
w/meat balls	458

	CALORIES
MEXICAN:	
Beans, refried(4 oz.)	120
Burrito(1)	340
Chili Con Carne(1 cup)	358
Enchilada(1)	187
Rice(4 oz.)	208
Taco, beef(1)	118
Tamale(2 oz.)	110
SNACKS	
Chips(1 oz.)	
Cheese Puffs	151
Corn Chips	166
Pork Rinds	162
Potato Chips	157
Crackers(1 pc.)	
Oyster	3
Rusk	38
Saltines	14
Wheat	15
Dips & Spreads(1 oz.)	
Bean Dip	36
Cheese Spread	82
Chip Dip	68
Gum(1 pc.)	8

	CALORIES
Nuts(1 oz.)	
Almond	176
Cashew	171
Peanuts	178
Pecans	154
Sunflower Seeds	68
Walnuts	186
Popcorn(1 cup)	
plain	39
w/butter	54
caramel coated	132
Pretzel stick(1)	3
3 — ring	16
rod	49

APPETIZERS — HORS D'OEUVRES

Caviar(1 oz.)	74
Gefilte Fish(1 pc.)	8
Herring(2 oz.)	
Creamed	121
Kippered	118
Pickled	51
Hors D'Oeuvres(1 pc.)	54
Meatballs, cocktail(1)	10
Mushrooms, marinated	
(4 oz.)	21
Olives, green(2 oz.)	66

	CALORIES
Oysters, Smoked(1 oz.)	64
Pickles:	
Bread & Butter(6)	37
Dill(1-4'')	15
Sweet(1-3'')	32
Puffs, Beef(1 pc.)	41
Cheese(1 pc.)	41
Sausages, Cocktail	72
Shrimp Cocktail	153

DESSERTS

Cake, 4 oz. piece w/icing	
Angel Food	296
Chocolate	393
Devils Food	384
Ginger Bread	314
Marble	378
White	402
Yellow	386
Cookies, 1 piece	
Animal Crackers	9
Butter	38
Chocolate Fudge	48
Chocolate Chip	51
Coconut	61
Creme Sandwich	84
Date & Nut	82

	CALORIES
Fig	59
Fruit	71
Gingerbread, iced	131
Gingersnaps	23
Graham Crackers	29
Macaroon	85
Marshmallow	94
Peanut Butter	68
Sugar	71
Sugar Water	26
Vanilla	18
Custard & Pudding(1 cup)	332
Ice Cream, 1 cup	
Regular	257
Rich	329
Cone	19
Chocolate Malted(12 oz.)	381
Ices, Fruit flavored	180
Jams, Jellies & Preserves	
1 T.	54
Jello, ½ cup	81
Mousse	362
Parfait	254
Pie, 1 slice(2 ½ oz.)	
Apple	182
Blueberry	183

	CALORIES
Cherry	184
Cream	196
Coconut custard	142
Mince Meat	201
Pumpkin	151
Sherbet(1 cup)	228
Strudel(1 slice)	213
Turnover(1)	292
Yogurt(½ cup)	
Plain, low fat	64
Plain, whole milk	68
Fruit flavor, low fat	128
	CANDY
Caramel	113
Chocolate	147
Coconut, Choc. coated	122
Fudge	113
Hard Candy	109
Jelly Beans	104
Marshmallows	90
Mints, uncoated	103
Nougat	118
Peanut Brittle	119
Peanuts, Choc. coated	159
Raisins, Choc. coated	120

	CALORIES
BREADS(1 slice)	
Bagels	165
Boston Brown	101
Bread Sticks(1 oz.)	109
Dinner Roll(2 oz.)	178
Raisin	60
Rye	56
White	62
Wheat	56
w/butter or oleo, add	98

FRUITS (Fresh — 1 cup 8 oz.)	
Apple(med.)	80
Apricots, dried	448
Avocado($\frac{1}{2}$)	157
Banana(med.)	101
Blackberries	84
Blueberries	43
Cantaloupe(1 cup)	49
Cherries, Sweet(1 cup)	112
Dates	662
Grapefruit, $\frac{1}{2}$	58
Grapes, seedless(1 cup)	95
Honeydew(2" wedge)	49
Orange, Navel(med.)	60
Papaya($\frac{1}{3}$ med.)	40
Peach(med.)	35

	CALORIES
Pear(med.)	101
Pineapple(raw, 1 cup)	73
Plum(1)	24
Raisins	428
Rhubarb	36
Strawberries(1 cup)	53
Watermelon(4" wedge)	111

FRUITS (Canned — 1 cup 8 oz.)

Applesauce(unsweetened)	98
Applesauce(sweetened)	202
Apricots (in syrup)	217
Blueberries " "	253
Cherries " "	209
Cranberry sauce(1 oz.)	48
Figs (in syrup)	213
Fruit cocktail " "	180
Peaches " "	234
Pears " "	182
Pineapple " "	192
Plums " "	194
Prunes " "	444
Raspberries " "	244

BEVERAGES

Cider, 12 oz.	174
Cocoa, 8 oz. w/skim	199
w/whole	272

	CALORIES
Coffee, 1 cup	3
w/cream	19
w/sugar(1 teasp.)	26
w/both	45
Eggnog, 8 oz.	219
Juice, 6 oz.:	
apple	78
cranberry	124
grape	101
grapefruit	74
orange	84
pineapple	108
tomato	34
Lemonade, 8 oz.	106
Milk:	
Skim, 8 oz.	88
Skim, 12 oz.	132
Lowfat, 8 oz.	145
Lowfat, 12 oz.	217
Whole, 8 oz.	161
Whole, 12 oz.	241
Milk Shake, 8 oz.	221
Soft Drinks, 8 oz.	
Cola	96
Fruit Flavored	113
Ginger Ale	76
Quinine Water	88
Club Soda	0

	CALORIES
Tea, 1 cup	
w/cream(1 teasp.)	17
w/sugar(1 teasp.)	24
w/both	41
ALCOHOLIC	
Beer, 8 oz.	101
Beer, 12 oz.	151
Beer, lite, 8 oz.	72
Beer, lite, 12 oz.	97
Brandy, 1½ oz.	145
Cocktails — 4 oz.:	
Bloody Mary	226
Daiquiri	252
Gimlet	182
Mai-Tai	240
Manhattan	216
Margarita	236
Martini	244
Planter's Punch	202
Screw Driver	156
Tom Collins	260
Whiskey Sour	260
Gin, Rum, Vodka, Whiskey:	
80 proof, 1½ oz.	97
90 proof, 1½ oz.	110
100 proof, 1½ oz.	124

	CALORIES
Wine, table — 4 oz.	
Bordeaux	108
Burgundy	109
Chablis	108
Champagne(white & pink)	114
Chianti	88
Claret	96
Liebfraumilch & Rhine	88
Mogen David	200
Rose	92
Sauterne	108
Wine, dessert — 4 oz.	
Madiera	168
Muscatel	210
Port	188
Sauterne	128
Sherry	176
Vermouth, dry	136
Vermouth, sweet	176
Cordials & Liqueurs — 1 oz.	
Creams, de menthe, de cacao, etc.	104
Drambui	110
Fruit Brandies	98
Peppermint Schnapps	83
Triple Sec	107